

who have connections to my home State of North Carolina: Aubrey Kingsbury, who played at Wake Forest University; Lynn Williams, who played on the North Carolina Courage in my district; Casey Murphy, who currently plays on the North Carolina Courage; and Emily Fox and Crystal Dunn, who played at UNC and are currently on the North Carolina Courage.

As we cheer them on and while they are representing the USA abroad, it is important that we also support them at home. We must ensure that all women athletes receive the same pay, treatment, and resources as their male counterparts.

Mr. Speaker, I am so proud of all the strong, talented women on our national team. We are rooting for them.

#### ALICIA MONSON BREAKS THE AMERICAN RECORD IN THE 5,000 METERS

(Mr. TIFFANY asked and was given permission to address the House for 1 minute and to revise and extend his remarks.)

Mr. TIFFANY. Mr. Speaker, I rise today to congratulate Alicia Monson of Amery, Wisconsin, on breaking the American record in the 5,000 meters this past weekend. She ran 5,000 meters in 14 minutes and 19.45 seconds, beating the previous record by 4.47 seconds.

This is not the only record she has set this year. In February, she broke the North American indoor record in the 3,000 meters, and in March she set a new North American 10,000 meters record.

Alicia has been representing Wisconsin's Seventh District since she was in high school running cross country and track. She went on to become one of the top runners for the University of Wisconsin—Madison before becoming an Olympian in 2021.

Mr. Speaker, I can't wait to see what record she breaks next. Keep making Wisconsin proud, Alicia.

#### HONORING ELAINE NEWBERG ON HER 100TH BIRTHDAY

(Mr. HIGGINS of New York asked and was given permission to address the House for 1 minute.)

Mr. HIGGINS of New York. Mr. Speaker, I rise today in honor of Elaine Newberg, who will celebrate her 100th birthday on August 24.

Born in 1923, she grew up in Philadelphia and attended the University of Pennsylvania.

A gifted pianist, Elaine once performed with the Philadelphia Symphony Orchestra. She went on to become a music teacher, producing a number of popular musicals worthy of the best theaters.

Passionate about helping students find their way, Elaine became a guidance counselor, serving as president of both the Long Island and New York State School Counselor Association.

Elaine and her husband, Marvin, a World War II veteran, raised two chil-

dren, Richard and Shanti. Richard is an Emmy-winning journalist in Buffalo and Shanti is a social worker.

Mr. Speaker, I ask my colleagues to join me in honoring Elaine Newberg's dedicated life of service, passion, and creativity as we wish her a very happy 100th birthday.

#### ARLINGTON NATIONAL CEMETERY

(Mr. COLLINS asked and was given permission to address the House for 1 minute and to revise and extend his remarks.)

Mr. COLLINS. Mr. Speaker, I rise today to discuss how the Military Construction, Veterans Affairs, and Related Agencies appropriations bill will honor those who paid the ultimate sacrifice in defense of freedom here and abroad.

Arlington National Cemetery is the final resting place of hundreds of thousands of veterans who died fighting for us.

It is a tremendous honor to be buried at Arlington, but the cemetery is running out of space and is currently undergoing an expansion that requires funding from Congress to be completed.

The Military Construction, Veterans Affairs, and Related Agencies appropriations bill fully funds the cemetery's Southern Expansion Project, which will increase burial capacity until at least 2060.

Those who pay the ultimate sacrifice for our Nation must be honored, and the Military Construction, Veterans Affairs, and Related Agencies appropriations bill ensures America's most hallowed ground can continue to be the final resting place for our fallen heroes.

#### RELEASE CUBAN POLITICAL PRISONERS

(Mr. MCGOVERN asked and was given permission to address the House for 1 minute and to revise and extend his remarks.)

Mr. MCGOVERN. Mr. Speaker, as we mark the second anniversary of the July 11, 2021, protest in Cuba, I call on the Cuban Government to release all those imprisoned for exercising their rights to protest, to freedom of expression, and association.

Mr. Speaker, 2 years ago, Cubans took to the streets to demand better living conditions and more freedoms amid a grim economic crisis. There is no excuse for these largely peaceful protests to have been met with government repression, arrests, and internet blackouts.

According to reputable reports, over 1,500 people were arrested in connection with these protests, and over 680 remain in prison.

However, U.S. policies contribute directly to the hardships that Cubans endure, but the Cuban Government's repression only exacerbates the many challenges facing its people.

Cuba should release all remaining protesters, and the United States of

America should end all policies, including taking Cuba off the State Sponsors of Terrorism list, that only increase the suffering of the Cuban people.

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#### FOOD INSECURITY IN PUERTO RICO

(Mrs. RAMIREZ asked and was given permission to address the House for 1 minute and to revise and extend her remarks.)

Mrs. RAMIREZ. Mr. Speaker, the Third Congressional District of Illinois is home to a historic Puerto Rican community directly linked to the legacy, present, and future of Puerto Rico.

The lack of food sovereignty in Puerto Rico is a policy choice that threatens lives and livelihoods.

When I visited Puerto Rico last year, I was shocked to learn that food insecurity was a major motivation for the second biggest Puerto Rican migration since the 1950s.

Mr. Speaker, 85 percent of their food is imported, and Puerto Rico is subjected to much higher grocery prices. When Hurricane Maria hit, food imports couldn't come in. Many of my Puerto Rican constituents came to Chicago because of Hurricane Maria and because of food insecurity.

This body has the responsibility to act now on supporting food sovereignty in Puerto Rico. We can start today by using every legislative tool at our disposal through the upcoming farm bill.

#### MEDICARE IS AN INVESTMENT FOR ALL

(Mr. ROBERT GARCIA of California asked and was given permission to address the House for 1 minute and to revise and extend his remarks.)

Mr. ROBERT GARCIA of California. Mr. Speaker, I am a proud cosponsor of Medicare for All here in the House.

Medicare for All isn't controversial or radical. It is commonsense policy to ensure that our healthcare is not dependent on where we work. We all know that Medicare already works in this country for so many older adults.

When I was mayor of Long Beach, I was proud to have cofounded the Mayors for Medicare Coalition which brought together leaders from across the country to support Medicare for All. As mayor, I saw the impact every day that barriers to healthcare can have on a community. That is why over 100 local cities and jurisdictions support Medicare for All nationally.

Medicare for All isn't just a commitment to address injustices in the healthcare system. It is an investment in the American people. We owe it to our country to prioritize healthcare, and Medicare for All is the way.

Healthcare is a human right. Let's pass Medicare for All.